

ENGAGE IN YOUR CARE

- [Educate yourself](#) about myeloma.
- Ask your doctor if you have had [essential testing](#).
- [Partner with your healthcare](#) team on care and treatment decisions.
- Write down questions before your appointment and include a friend or family member at your appointments.
- Consider a second opinion and/or a consult with a [myeloma specialist](#).

MAKING TREATMENT DECISIONS

Shared Decision-Making (SDM): Process of communication by which patients and clinicians collaborate to make healthcare decisions. The process encourages patients to take a more active role in their care and treatment.

Participate in Treatment Decisions By:

- Learning about your myeloma.
- [Understanding the available treatment options](#).
- [Reviewing lab test results with your doctor](#).

FACTORS TO CONSIDER WHEN CHOOSING TREATMENT

- Patient-Related Factors: Age and overall health
- Disease-Related Factors: Aggressiveness; Other unique disease features
- Treatment-Related Factors: Previous treatment response and effectiveness

GLOSSARY

Cytogenetics (also known as karyotyping): Testing that identifies changes in chromosomes. This test is routinely performed on the bone marrow of newly diagnosed myeloma patients and is sometimes repeated following treatment.

Fluorescence in Situ Hybridization (FISH): A chromosome test used to identify specific genes or chromosome changes.

MRD (minimal residual disease): Measurement of the number of myeloma cells found in the bone marrow of patients in remission after a clinical response to treatment. MRD is relevant as the residual myeloma cells may indicate progression or relapse.

Risk Stratification: Quantifying a patient as low-risk or high-risk based on a range of internal and external factors. Myeloma test results aid in determining one's risk, and include other factors such as age and other comorbidities.

MYELOMA RESOURCES

Cancer Support Community	cancersupportcommunity.org
The Leukemia & Lymphoma Society (LLS)	LLS.org
Myeloma Crowd	myelomacrowd.org
International Myeloma Foundation	myeloma.org
Multiple Myeloma Research Foundation	themmrf.org



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